

Some people have chosen to give up something that they like, others decide to take on new practices. I am hopeful that you have added more prayer. Whatever you have let go of or taken on, the likelihood of completing those things every day in Lent is not high. This is not you; it is hard for everyone. If you are frustrated about not doing as you said you would, please stop any judgment or regret. An Eastern Orthodox Monk, when asked what Monks did, said, 'We fall down and then we get up.' What you are doing is very hard. That Monk knew an enormous amount about living in prayer. And every day he knew he stumbled. St. Benedict said in his Rule, 'Always we begin again.' 1500 years later people still live by those words. So, whatever you have taken on for Lent, start again. Don't give up. And no matter how many times you do your Lenten practice, your Lent will be beautiful.